



# GROUP EXERCISE CLASS SCHEDULE

September – December 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<b>MORNING</b>	7-7:45 AM Maintain Your Health • Justin-G3		7-7:45 AM Maintain Your Health • Justin-G3		7-7:45 AM Maintain Your Health • Justin-G3			
	8-8:45 AM TRX Justin-G2		8-8:45 AM TRX Justin-G2		8-8:45 AM TRX Justin-G2			
	8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3				8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3	8:30-9:30 AM Power Pump Jessey-G3		
	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	9-10 AM Power Pump Kelli-G3	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	9-10 AM Power Pump Kelli-G3				
	9-10 AM Heavy HIIT Hillary-G3	9-9:45 AM Chair Fit • Ω Pat-MPR	9-10 AM Heavy HIIT Hillary-G3	9-9:45 AM Chair Fit • Ω Pat-MPR				
	9-9:45 AM Zumba@ Dale-G2	9-9:45 AM TRX Justin-G2	9-9:45 AM Zumba@ Dale-G2	9-9:45 AM TRX Justin-G2	9-9:45 AM Zumba@ Dale-G2	8:30-9:15 AM Cycle Nadia-Cycle Rm		
<b>LATE MORNING</b>	9-9:45 AM Cycle Pat-Cycle Rm	10:15-10:45 AM Balance and Strength Justin-G3	9-9:45 AM Cycle Pat-Cycle Rm	10:15-10:45 AM Balance and Strength Justin-G3	9-9:45 AM Cycle Pat-Cycle Rm	<i>Classes are subject to change without notice. Please check YMCA website and Facebook often for updates.</i>		
		10-10:40 AM Yoga Lori-MPR		10-10:40 AM Yoga Lori-MPR				
	10-10:45 AM Tai Chi • Ω 8 forms for balance Jean-G2	10-10:45 AM Tai Chi • Karin-G2	10-10:45 AM Tai Chi • Beginning Level Karin-G2	10-10:45 AM Tai Chi • Karin-G2				
	10:15-11:10 AM Yoga Allie-G3	10:50-11:30 AM Restorative yoga Lori-MPR	10:15-11:10 AM Yoga Allie-G3	10:50-11:30 AM Restorative Yoga Lori-MPR	10:15-11:10 AM Yoga Allie-G3			
	11:15-12 PM Specialty MELT Ω • Kristi-G2	11:15-12:15 PM MELT • Karin-G2	11:15-12:15 PM MELT • Karin-G2	11:15-12:15 PM MELT • Karin-G2	11:15-12 PM Specialty MELT Ω • Kristi-G2			
	11:20-12 PM Chair Yoga • Allie -G3		11:20-12 PM Chair Yoga • Allie -G3		11:20-12 PM Chair Yoga • Allie -G3			
	12:10-12:55 PM Gentle Yoga • Allie -G3		12:10-12:55 PM Gentle Yoga • Allie -G3		12:10-12:55 PM Gentle Yoga • Allie -G3			
	<b>AFTERNOON</b>	4:30-5:30 PM Power Pump Sara-G3	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3	4:30-5:30 PM Power Pump Sara-G3	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3		<b>SCHEDULE KEY</b>  <b>Location:</b> G3 – Gym 3 G2 – Gym 2 MPR – Multipurpose Room Cycle Rm  <b>Class Key:</b> • gentle Δ Advanced Ω New Class	
		5:30-6:15 PM Zumba@ Elena-G3	5:30-6:20 PM AB LAB Boot Camp Savvy-G3	5:30-6:15 PM Zumba@ Elena-G3	5:30-6:20 PM AB LAB Boot Camp Savvy-G3			
		5:30-6:15 PM TRX Boot Camp Ω Madeline-G2	5:30-6:15 PM Cycle Bob-Cycle Rm <i>Starts October 4</i>	5:30-6:15 PM TRX Boot Camp Ω Madeline-G2	5:30-6:15 PM Cycle Bob-Cycle Rm <i>Starts October 4</i>			
5:30-6:15 PM Outdoor Yoga Lori-Fenced Lawn			5:30-6:15 PM Outdoor Yoga Lori-Fenced Lawn					
			6:30-7:15 PM R.I.P.P.E.D. Δ Rachel-G3 <i>Starts again in November</i>					
<b>EVENING</b>								